



Transgenerational Trauma

Awareness Day

15 December 2021



Social Media Pack #TTAD21

Join in on #TTAD21

We want to spread the reach of Transgenerational Trauma as far as possible and to do that we need your help!

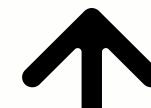
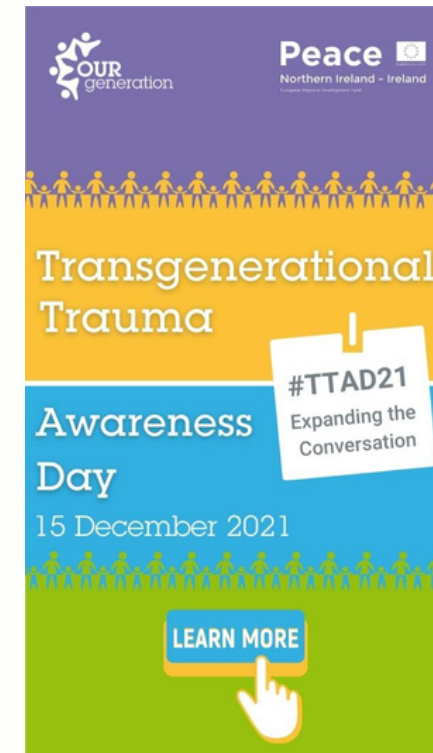
We would love to see other individuals and organisations make their own content for Transgenerational Trauma and then use the #TTAD21 hashtag on social media.

However we know this isn't always possible so in order to try and help we have created some social media messages and graphics that you can promote on the day to join in. These are explained on the next pages. For any queries please contact cjones@amh.org.uk.

Social Media Graphics

We have made a number of social media graphics to fit your platforms. These are listed below and can be downloaded by clicking the image.

Facebook post	(1200x630px)
Facebook cover	(851x315px)
Facebook profile	(170x170px)
Twitter post	(600x335px)
Twitter header	(1500x500px)
Twitter profile	(400x400px)
IG post	(1080x1080px)
IG story animated	(1080x1920px)
IG profile pic	(320x320px)
Mailchimp	(600px wide)



[Download Graphics](#)

Video Messages

Siobhan O'Neill and her team from Ulster University have also produced some simple messages around Transgenerational Trauma. We've turned these into a short video series that you can share on social media or websites.

Video 1 - What is transgenerational trauma

Video 2 - Why is OUR Generation launching TTAD

Video 3 - When was Transgenerational Trauma first recognised?

Video 4 - Who is at risk of Transgenerational Trauma?

Video 5 - What are the symptoms of transgenerational trauma?

Video 6 - How is transgenerational trauma transmitted? nature and nurture

Video 7 - What should we do to prevent Transgenerational Trauma?

Video 8 - What is trauma informed practice?

See videos and download here > [Videos](#)